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'No one really knew what he was thinking'

Former Ottawa-turned-ISIL radical John Maguire was 'isolated' and may have been 'fed up' with society: Acquaintance, prof

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Ferris the loon on the mend

Rescued bird will spend winter at shelter

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THE MIDDLE IS THE BEST PART ANYWAY

THIS REUBEN CASSEROLE IS PROOF DITCHING BREAD DOESN'T MEAN YOU HAVE TO SAY 'SO LONG' TO SANDWICHES

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Senators defang the walrus

Coaching switch-up.

Paul MacLean fired, to be replaced by assistant Dave Cameron

TREVOR
GREENWAY

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The Ottawa Senators have fired head coach Paul MacLean.

Senators general manager Bryan Murray told a news conference that assistant Dave Cameron will take over as the new head coach. The under-achieving team snapped a five-game losing skid with comeback 4-3 win Sunday night over the Vancouver Canucks, but the effort was just too little too late to save MacLean's job.

"The game is about winning and losing, let's not kid ourselves," Murray told reporters at the Canadian Tire Centre Monday. "And when you don't win, things change, whether it's player trades or coaching changes or management changes."

The Ottawa Senators fired MacLean after an 11-11-5 start, though the problems team



Former Ottawa Senators' head coach Paul MacLean is pictured during a press conference held at the end of the season in Ottawa on April 14, 2014. The Senators fired MacLean Monday. SEAN KILPATRICK/THE CANADIAN PRESS

executives had with the coach extended back into last season when the Senators missed the playoffs.

MacLean — affectionately nicknamed "the walrus" in 2013 by fans after Montreal Canadiens forward Brandon

Prust called him "a bug-eyed fat walrus," in a spat over a hit by Eric Gryba against Lars Eller — wore out his welcome

among Senators players with tactics that led to many games in which they were outshot. Through 27 games, Ottawa has

given up the second-most shots in the league behind only the Buffalo Sabres.

Murray said the "old Paul MacLean" who understood the players had drifted lately, as he became more demanding and critical of some of the players. Murray said it seemed that MacLean had lost confidence in the team he was backing.

"The fact that he would make statements like, 'I am afraid of who I put on the ice,' that sent a loud message to me, whether it was in jest or otherwise, that maybe he didn't believe in the group the way we thought we believed in the group when we started the year," said Murray.

MacLean is the first coach to be fired this season. Cameron will be the fifth Senators coach since 2007.

The Sens had a solid start to the season, going 7-2-1 in their first 10 outings, but things started to slide in November with the Sens pulling in just five wins for a 5-7-2 record on the month. December fared even worse with the team stretching into a five-game losing streak before snapping it Sunday night against the Canucks.

WITH FILES FROM THE CANADIAN PRESS

More coverage, page 3.



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Scrap tattoo course: Petition

Algonquin College.
Living Colour manager says art should be handed down from artist to apprentice, not taught in school

A proposed tattoo artistry program at Algonquin College has ruffled some feathers, as a local tattoo studio argues that charging students to learn the craft would be nothing more than a "cash grab."

Employees at Living Colour, a downtown Ottawa tattoo studio, started an online petition Friday calling on the college to "cease and desist" the development of a tattoo program.

As of Monday afternoon, it had collected more than 720 signatures.

Alyssa Izwolsky, who manages the Dalhousie Street studio and helped with petition, told Metro that historically, the practice of tattooing has been handed down from artist to apprentice and should not be taught in a classroom.

"The idea of turning it into a cash grab for Algonquin Col-



Junior tattoo artist Alicia Alderson tattoos a woman's leg Monday at Living Colour in Ottawa. JOE LOFARO/METRO

lege is a little bit insulting and a little bit worrisome," Izwolsky

said Monday. "(Graduates) might not find their way into a

shop after paying this money."

Just before giving a cus-

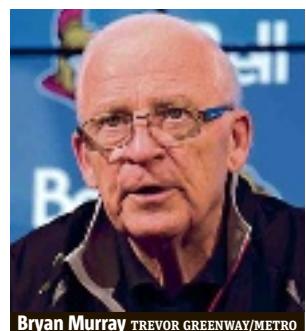
tomer her first tattoo Monday, tattoo artist Alicia Alderson said that with more than three years' experience as an apprentice in the industry, she still has a lot to learn.

"Apprenticeship has always been the way people have been taught to tattoo. If you had more people being taught something without proper guidance, then there's going to be more people doing the practice potentially not safely or just misguided," she said. "Having a course for whatever length of time that they're choosing to do probably wouldn't cover everything you need to know."

David Fairbanks, who works in the hospitality and tourism department at Algonquin, wrote in an email to Metro that the program, if developed, would better equip graduates who enter the field and would follow the "existing three- to five-year apprenticeship model."

"There is a growing interest in the field by our students and we were merely exploring the concept of developing a program," said Fairbanks. "If the local industry doesn't like or support it, that is a clear enough message." JOE LOFARO/METRO

MacLean firing inevitable: TSN analyst



Bryan Murray TREVOR GREENWAY/METRO

TSN 1200 host AJ Jakubec said while it was surprising Ottawa Senators coach Paul MacLean was fired after a huge come-from-behind-win that snapped the team's worst losing skid of the season, it was only a matter of time before the former NHL coach of the year was sent packing.

"I think this was coming for a while," said Jakubec. "The only way people would be surprised is that it's coming off a

win, but you kind of got the sense, though, win or lose, that they were going to make this change no matter what."

In parts of four seasons, the Senators went 114-90-35 under MacLean, making the playoffs in his first two seasons.

MacLean won the Jack Adams Trophy as NHL coach of the year in the lockout-shortened 2012-13 season after leading a team ravaged by injuries to Jason Spezza, Erik Karlsson and

Craig Anderson to the playoffs.

General manager Bryan Murray told reporters an "uneasiness" had developed in the dressing room with "some of the better players" feeling they were singled out too often. He added that he thinks new coach Dave Cameron's teaching style will be more effective.

The question now is whether the firing will be enough to spark the Senators — or will they need to add firepower,

depth or defence?

"Management obviously believes this is a playoff team and felt that this team is under-achieving," added Jakubec. "The concerning thing for me was the fact that I said they would be a playoff team if they got top-five goaltending ... they did get top-five goaltending, and they are still losing on a regular basis. The biggest problem is shots against."

TREVOR GREENWAY/METRO

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A small photograph showing a group of people, mostly young adults, playing basketball in an indoor gymnasium.

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Unloading a mountain of toys this Christmas

Members of the Ottawa Professional Firefighters Association and volunteers help unload a giant trailer of toys Monday, to be donated to the CTV Toy Mountain at the Salvation Army Toy Centre on Queen Street, for distribution to underprivileged children. Organizers said they expected 16,000 to 18,000 bags of toys to be given out ahead of the Christmas holidays. They said a particular need this year is for toys for older children. The toys in the trailer were donated during the Help Santa Toy Parade and Santa's Parade of Lights. A Salvation Army spokesman said Morguard's donation of the space for a distribution depot saved the charity from having to rent warehouse space and the saved money was in turn being used to help by more presents for kids. SEAN MCKIBBON/METRO

Ottawa's folk fest will enjoy new digs at Lansdowne Park

New name, too: City Folk. Festival director dismisses noise concerns

TREVOR
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He's been talking about it for years, but now Mark Monahan can officially say that

Ottawa Folk Festival has found new digs.

The increasingly popular fall festival, which will now be named City Folk, is taking the party to Lansdowne Park. The most recent festival in September brought headline acts like Foster the People, the National and Lorde to Hog's Back Park.

Festival executive director Monahan said he is excited

not only for the green space Lansdowne Park boasts, but for its central location.

"However much we loved Hog's Back as a park, the perception was that it wasn't that accessible," said Monahan. "This does away with the whole accessibility issues."

Readers may remember the festival receiving a noise violation last year after Glebe

residents complained about the noise and with the festival even closer to those residents, one would think noise levels would get worse.

But Monahan said the festival has been working with a sound engineer to mitigate the sound so it doesn't keep residents up at night.

He said he doubts he will have to pay another \$300 fine to the city.

"I think the nature of how the park was set up at Hog's Back did not lend itself well to mitigating the sound," he said.

"We are actually going to be pointing the stage at a berm in the stadium, so we think it's going to mitigate the sound much better."

City Folk runs from Sept. 9 to 13 next year. The official lineup has not been released.



Ottawa Folk Festival executive director Mark Monahan

GRAHAM LANKTREE/METRO



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Winterlude celebrates Canadiana

Cool party, eh?

Winter festival will celebrate Sir John A. Macdonald's 200th birthday, plus the birth of our flag and more



LUCY
SCHOLEY

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There's at least one Canadian festival where Sir John A. Macdonald's birthday will coincide with a match of snow soccer and the 50th anniversary of the Canadian flag.

Winterlude 2015 will honour our three of this country's milestones: The 200th birthday of the first prime minister, the birth of the Canadian flag and the Year of Sport in Canada (both FIFA Women's World Cup Canada and the Pan Am Games are coming to Canada next year).

Shelly Glover, Minister of Canadian Heritage and Official Languages, unveiled the program for the 37th annual winter festival on Monday, which

includes the popular ice sculptures, snow slides, Ice Hog furry mascots and skating on the Rideau Canal. Several Winterlude activities will also return to Lansdowne Park this year.

"It is the place to be. So come out and help us enjoy a Beaver-Tail, help us dance and play with the Ice Hog family and bring your little ones. They'll remember it forever," said Glover.

And there's a special milestone in Canadian comedy.

This Hour has 22 Minutes is turning 22 years old. Mary Walsh, one of the show's co-creators, will be rejoining the cast for a special sold-out show on Feb. 5. There's still a chance to see Walsh at the Cracking Up the Capital Comedy Festival on Feb. 7, when she joins comedians Mike MacDonald, Derek Seguin, Johnny (Bagpipes) Johnston, Dave Hemstad and Eman el-Husseini for the festival finale.

Save the dates

Winterlude runs from Jan. 30 to Feb. 16, 2015



Canadian comedian Mary Walsh snuggles into one of the Winterlude Ice Hog mascots on Monday following the unveiling of the 2015 lineup. LUCY SCHOLEY/METRO

English et français

New, stricter, language rules

Businesses partnering with the iconic winter festival of the National Capital Region face stricter language rules this year.

Shelly Glover, Minister of Canadian Heritage and Official Languages, said sponsors must provide fully bilingual services this year or else they will be taken off the list.

Last year, francophone business association Regroupement des gens d'affaires de la Capitale nationale (RGA) expressed concerns that most restaurants partnered with Winterlude could not offer bilingual service — despite advertising in both French and English.

Joanne Lefebvre, the president and CEO of RGA, praised this year's new bilingual rules.



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Teen's alleged murderer still on the loose four years later

Yazdan Ghiasvand

Ghiasi. Friend of teen, who was dumped bleeding from a car in 2010, says those who knew him still 'as angry as Day 1'

 **LUCY SCHOLEY**
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It has been four years since Yazdan Ghiasvand Ghiasi was murdered, and his alleged shooter is still at large.

While the name of the 16-year-old has disappeared from recent headlines, a friend of Ghiasi said the tragedy is still front of mind for his loved ones.

"Those who were friends with him and close to him are still as angry as they were on Day 1," said the friend, who did not want to be named.

"Until justice is served,

Quoted

"Until justice is served, his friends and those who know him will not forget about it and will not let this go."

A friend of Yazdan Ghiasvand Ghiasi, who did not want to be named

his friends and those who know him will not forget about it and will not let this go."

Ghiasi was found bleeding from a gunshot wound after being dumped on the side of the street from a car on Booth Street on Dec. 6, 2010. Media reports say Ghiasi was killed in a drug deal gone bad.

Four men were charged following the shooting — two pleaded guilty to obstruction of justice and a third was found not guilty of manslaughter.

The fourth, Mohamed Wehbe, is still wanted in the shooting. He is believed to have fled the country.

Ottawa police say there's an outstanding Canada-wide

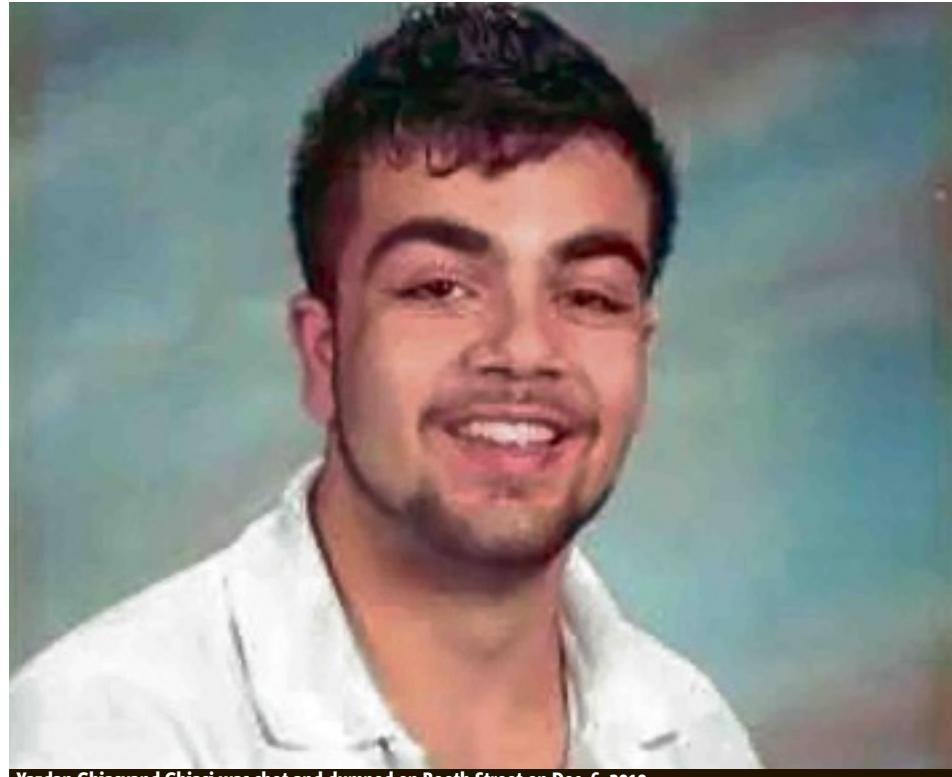
warrant for Wehbe, who was 18 years old at the time of Ghiasi's shooting in 2010.

Police are still welcoming any information on the case or the accused.

The friend who spoke with Metro described Ghiasi — a former student of Notre Dame High School — as someone who was well-rounded, active in taekwondo, with a 90 per cent average at school, and plans to study mechanical engineering in the future.

"He always put his friends first," said the friend.

"He was the kind of guy where, if you called him at three, four in the morning to say you were stuck, he'd take his parents' car out and come pick you up."



Yazdan Ghiasvand Ghiasi was shot and dumped on Booth Street on Dec. 6, 2010. CONTRIBUTED

Man charged with making death threats to mayor

Police charged a man who allegedly made a series of death threats to Ottawa Mayor Jim Watson and threatened to blow up an OC Transpo station in October.

Police said in a news release they arrested the man Saturday at the South Keys

transit station with the help of OC Transpo special constables.

Court documents allege the man-made death threats to Watson on Oct. 28 and twice on Saturday.

The documents also allege in August he knowingly made two prank calls to OC

Transpo special constables, saying there were bombs on buses.

The man is also alleged to have told special constables by phone on Oct. 28 that he was going to blow up an OC Transpo station.

Police allege he used telephones located at emer-

gency call boxes at transit stations.

Police charged Christopher Bartraw, 27, of Ottawa, with three counts of uttering threats and three counts of false messages.

They say Bartraw appeared in court Sunday and was released on bail.

He is scheduled to return to court in January.

The mayor's office said Watson was made aware of a threat made against him, but referred all questions to police.

Anyone with information regarding this investigation is asked to call Ottawa Po-

lice's West District Investigation Unit at 613-236-1222, ext. 2666.

Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477 (TIPS), toll free at 1-800-222-8477 or by downloading the Ottawa Police iOS app.

JOE LOFARO/METRO

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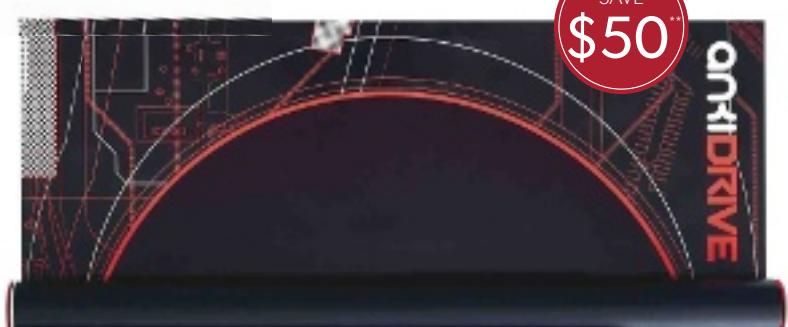


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Angels visit homeless youth

Ashbury College.

Students donate backpacks filled with food and clothes



JOE
LOFARO

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Instead of filling backpacks with binders and textbooks, students at Ashbury College stuffed dozens of backpacks on Monday with toothpaste, canned soup, and toys to donate to homeless youth this Christmas.

The annual Angels with Backpacks initiative is a partnership with St. Matthew's Anglican church, benefiting youth between the ages of 12

and 20 who rely on the Youth Services Bureau's downtown drop-in centre.

Approximately 120 youth visit the YSB drop-in centre on Besserer Street, according to the program's co-ordinator, Sheila Kennedy.

Last year, the private boys' and girls' school filled more than 80 backpacks with clothes, food, and personal hygiene products to be handed to underprivileged youth at the YSB's annual Christmas party.

During a visit to the school on Monday, Christopher Watt, 18, recalled how beneficial receiving a backpack was when he was using YSB services after leaving his home at 16.

For two years, he shuffled in and out of Ottawa shel-

ters, so receiving items such as winter gloves, socks, and gift cards were really helpful, he said.

"It gave me ... motivation, you know. Someone else is thinking about you. I hadn't been with my family for a while so I was never really given Christmas gifts or nothing like that," said Watt.

"It's a blessing to get. If I didn't get it, I would feel like no one's out there trying to help."

YSB helped him secure permanent housing last month, he said.

Grade 12 student Michelle Rhodes said she has been filling backpacks at school for the past four years and says donating them for a local cause makes it more real for her.

"We can get lost in how fortunate we are so it's nice to give back and not take things for granted," she said.

The school said it would tally the total number of backpacks to donate by Tuesday.

Quoted

"We can get lost in how fortunate we are, so it's nice to give back and not take things for granted."

Grade 12 student Michelle Rhodes, who has been filling backpacks at her school for the past four years. She says donating them for a local cause makes it more real for her.



From left, Kristi Godkin, 11, Maddie Layton, 10, and Vanessa Vincent, 10, show some of the backpacks filled with clothes and food their school is donating to youth at the Youth Services Bureau. JOE LOFARO/METRO

Loon recovers in shelter as locals plan goose rescue



Ferris the loon is on the mend in the Wild Bird Care Centre. CONTRIBUTED

Ferris the loon is on the mend in a bird shelter, after locals in Edelweiss, Que., rescued the waterfowl from the middle of a frozen lake. Now those rescuers are planning to save another feathered friend.

A Canada goose has also been hanging around Pike Lake — long after its winged relatives have flown south for the winter.

Celine Perrier, who helped rescue Ferris, said she and her neighbours are also rescuing the goose "just to make sure that it's OK."

"Our understanding is that these birds don't migrate unless they're in a flock together and so, somehow, this one got stranded," she said. "And so it's probably just not going to leave, but it's going to completely freeze up here in a short while ... they need open water."

Unlike Ferris, the Canada goose can fly. It would sometimes visit the loon when it was trapped in the iced-over Pike Lake. Neighbours will take this second bird to the Wild Bird Care Centre. If

everything looks healthy, the bird refuge can release the goose back into the wild.

The goose rescue will take place Wednesday at 2 p.m.

Mae Goguen, of the Wild Bird Care Centre, previously told Metro that some Canada geese will stay for the winter, as long as there's a body of water.

Meanwhile, it looks like Ferris will be spending the winter at the Wild Bird Care Centre. The bird — it's not yet known whether it's male or female — has been strug-

gling to eat. Employees at the Wild Bird Care Centre have had to force-feed the loon, said Perrier, but Ferris is regaining energy.

Most of the bird's wing feathers are damaged — possibly due to the ice — which could be why it didn't fly south.

Ferris is now accepting visitors. Perrier said she will visit with fresh trout and minnows. She urges people to donate money to the non-profit Wild Bird Care Centre.

LUCY SCHOLEY/METRO

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Ontario Finance Minister Charles Sousa, seen in this file photo, says "a significant number of today's workers are simply not saving enough to maintain their standard of living when they retire." RICHARD J. BRENNAN/TORSTAR NEWS SERVICE

Ontario introduces pension plan bill

Mandatory pensions.
Bill would require employers, employees to pay 1.9 per cent of each worker's salary into the ORPP

Ontario's Liberal government introduced legislation Monday to create a mandatory provincial pension plan, which the Opposition and business groups slammed as a job-killing payroll tax.

It clears the way for the introduction Jan. 1, 2017, of the Ontario Retirement Pension Plan (ORPP), which will be mandatory for workers without a company pension plan, said Finance Minister Charles Sousa.

"The reality is that a significant number of today's workers are simply not saving enough to maintain their standard of living when they retire," he said.

The bill would require employers and employees to each contribute 1.9 per cent of each worker's salary to the ORPP, up to \$1,643 a year per employee, which the Ontario Chamber of Commerce warned will result in fewer jobs.

"Employers worry that by making it more expensive to hire, the new pension plan will negatively impact job creation and hurt Ontario's competitiveness," said chamber president and CEO Allan O'Dette. "We need to ensure that any changes to the pension system are made with a full understanding of the impact they will have on Ontario's business climate."

The Canadian Federation of Independent Business (CFIB) warned that forcing every Ontarian without a workplace pension and their employers to pay new premiums will result in higher unemployment and lower wages.

Nearly 70 per cent of small business owners say they would freeze or cut salaries and 53 per

cent would reduce the number of jobs to cope with the added costs, said CFIB spokesman Plamen Petkov.

The Progressive Conservatives warned that Ontario's weak economic recovery could be stalled by mandatory pension contribution plans.

"When you're looking at a very fragile manufacturing economy in this province today, it hardly seems the right time to include a payroll tax," said PC critic Julia Munro.

Ontario would still prefer to see improvements to the Canada Pension Plan instead of having to create its own retirement plan, Sousa said, but can't get the federal Conservative government to agree.

Federal Minister of State for Finance Kevin Sorenson said Canadians don't want to pay higher payroll taxes, and warned that Ontario's mandatory pension plan could force a two-worker family to pay up to \$3,200 in premiums each year.

THE CANADIAN PRESS

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Video. Muslim group denounces call for attacks

A leading national Muslim group has categorically denounced the latest call for violence against Canada and other nations by the terror group that calls itself the Islamic State of Iraq and the Levant (ISIL).

"We condemn the depraved violence and extremism by this and other terror groups," Ihsaan Gardee, executive director of the National Council of Canadian Muslims, said on Monday.

"It is both a civic and religious duty to contact the authorities if one has any information about plans to hurt or harm anyone," Gardee said.

The council's comments come on the heels of reports that John Maguire of Ottawa, who now calls himself Abu Anwar al-Canadi and "Yaha," has posted a propaganda video online.

His video calls for terror attacks in Canada in response to Canada's participation in a co-



Ihsaan Gardee of the National Council of Canadian Muslims, right, is seen presenting an award at the NCCM's March 2014 Gala.

TORSTAR NEWS SERVICE FILE

alition against ISIL.

"We emphasize the sacredness of life and repudiate any express statements or tacit insinuation that anyone should harm innocent people," Gardee said. "Our message to anyone who espouses, endorses or in any way supports this ideology of violence, is that your actions have nothing to do with the authentic teachings of Islam."

TORSTAR NEWS SERVICE

Security concerns

Canadian Embassy in Cairo closed

The Canadian Embassy in Cairo has been closed amid security concerns, one day after the British Embassy suspended its services because of safety worries.

"As a security precaution and to ensure the protection of Canadian staff, we have closed our embassy in Cairo for the day," Adam Hodge, press secretary to Foreign Affairs Minister John Baird, wrote in an email.

The two western embassies, located next door to one another in the central Cairo district of Garden City, gave no further details on their closures.

However, three senior

Egyptian security officials said that recent arrests of suspected militants revealed plans to target the embassies, abduct foreign nationals and assassinate public figures. They did not elaborate further.

The embassy announced its closure locally through a message on its main telephone number on Monday.

An Egyptian security official said that Canadians asked for all roads around the embassy to be shut down and sought more security.

The official, who wasn't authorized to speak to journalists and as a result would only speak on condition of anonymity, said security would be tightened, but that the roads would not be closed. **THE CANADIAN PRESS**



A man who says he is a Canadian and identifies himself as Abu Anwar al-Canadi is seen in this screenshot from a video, released Sunday by the terror group ISIL, that calls for indiscriminate attacks against Canadians. The man has been identified as John Maguire, a former University of Ottawa student who converted to Islam and became radicalized before leaving Canada last year. **HANDOUT/THE CANADIAN PRESS**

Jihadist seemed to lack friends: Acquaintance

John Maguire. Ottawa man who appeared in extremist recruiting video may have been 'fed up' with Canadian society, a professor says

John Maguire, a former Ottawa man who appears in a new extremist recruiting video, seemed to lack close friends in Canada and kept his distance from others, says an acquaintance who used to pray with him.

"People had very superficial relationships with him," said Stephane Pressault, who met Maguire four years ago during Friday prayers at the University of Ottawa. Pleasantries were exchanged, but no deep ideas were shared, said Pressault, the national co-ordinator with outreach group Project Comunitas.

"It's not that he was a loner. But he didn't share his opinions on things. And he didn't have ... a best friend, or a clique, or a group of people that he always turned to," Pressault said. "In retrospect, that's alarming."

Maguire's polished propa-

ganda video, released Sunday, urged Muslims to launch indiscriminate attacks against Canadians, similar to those carried out in October in Ottawa and St-Jean-sur-Richelieu, Que.

Maguire — whose passport was apparently revoked after he left Canada — likely became "fed up" with Canadian society at some point, said Jocelyn Belanger, a psychology professor at the University of Quebec at Montreal who has studied radicalization around the world.

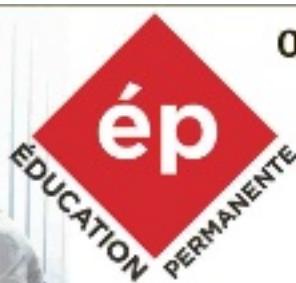
Belanger surmises Maguire could have been spurred to join Islamic militants overseas because he didn't fit in at home

and felt insignificant — a typical motivation for extremists.

One can regain significance by building a successful career or becoming a role model, Belanger said, but such accomplishments take time.

This is why propaganda created by the al-Qaida splinter group known as the Islamic State of Iraq and the Levant (ISIL) has been so effective, he added: "Their ideology dictates the actions required to become a hero, a martyr, a rock star."

Public Safety Minister Steven Blaney reiterated Monday that new anti-terrorism legislation is coming. **THE CANADIAN PRESS**



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Ex-Lt.-Gov. pleads guilty to charges

Lise Thibault. After five years between court appearances, former Quebec Lt.-Gov. pleads guilty to breach of trust, fraud charges



Lise Thibault
CLEMENT ALLARD/THE CANADIAN PRESS

More than five years after her first court appearance in September 2009, former Quebec lieutenant-governor Lise Thibault pleaded guilty on Monday to charges of fraud and breach of trust.

Thibault switched pleas because, according to her lawyer, she came to a better understanding of the evidence and the law.

It was Thibault's first appearance in court since August when she suffered an epileptic seizure that interrupted her cross-examination.

The charges were laid after a joint report filed by former provincial auditor general Renaud Lachance and his federal counterpart at the time, Sheila Fraser.

The document alleged more than \$700,000 in expenses had been claimed.

Her trial heard the money was allegedly spent on gifts, trips, parties, meals and skiing and golf lessons.

Quebec court Judge Carol St-Cyr will hear sentencing arguments as well as the results of negotiations on a reimbursement plan next May 1.

Thibault, 75, left the courthouse Monday without responding to questions.

Her lawyer, Marc Labelle,

said the former lieutenant-governor came to a new understanding of the evidence and the law.

"If you think you didn't commit a crime, but then you see through the interventions in court, you see how things are presented," Labelle explained to reporters.

During her testimony, Thibault said she had little to show financially for her time as vice-regal — a divorce ate into her savings and she now lives on a \$30,000 pension.

Last summer, St-Cyr ruled against a pair of motions filed by Labelle, who argued the case should be dismissed because the accused benefited from royal immunity.

The judge wrote that, according to constitutional law, the lieutenant-governor does not enjoy the same benefits as the Queen.

St-Cyr also noted that under the Constitution, the lieutenant-governor is a civil servant, adding such an affirmation is even posted on the lieutenant-governor's website.

THE CANADIAN PRESS

Leadership. Canadian chiefs to elect new leader of Assembly of First Nations

Chiefs from across the country are meeting to elect a new national leader for the Assembly of First Nations amid questions of the organization's relevancy as a voice for aborigines.

As the assembly prepares for some soul-searching, many say it will take a monumental shift to regain the support of the next generation.

"The grassroots have said we need a voice," said Grand

Chief David Harper, head of host organization Manitoba Keewatinowi Okimakanak, which represents northern Manitoba First Nations. "There is going to be a lot of restructuring that needs to take place. That's something the next national chief will have to do."

There aren't many vying for the job that came open following the resignation of former national chief Shawn Atleo.

When Atleo ran for re-election in 2012, he faced seven other competitors. This year, there are three names on the ballot.

Those running include Perry Bellegarde, chief of the Federation of Saskatchewan Indian Nations, Ghislain Picard, regional chief of Quebec and Labrador, and Leon Jourdain, chief of the Lac La Croix First Nation in northwestern Ontario. THE CANADIAN PRESS

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Human rights

Probe demanded in police killings of black Americans

Protesters carrying signs bearing names of black Americans killed by police have marched outside the U.S. Capitol to demand a human rights investigation. **THE ASSOCIATED PRESS**

Cleveland

Rice's mom wants cop convicted

The mother of a 12-year-old Tamir Rice, shot by a Cleveland policeman, says she wants him convicted for killing her son, who was carrying a pellet gun that police say looked real.

THE ASSOCIATED PRESS



Samaria Rice, mother of Tamir Rice, speaks during a news conference Monday. **THE ASSOCIATED PRESS**

Justice Department

Obama admin bans profiling by law enforcement

The Obama administration issued guidelines Monday that ban federal law enforcement from profiling on the basis of religion, national origin and other characteristics, protocols

the Justice Department hopes could be a model for local departments as the U.S. tackles questions about the role race plays in policing.

The policy, which replaces decade-old guidelines established under the Bush administration, also will require federal agencies to provide training and to collect data on complaints. **THE ASSOCIATED PRESS**

Israel

Lawmakers dissolve parliament

Israeli lawmakers unanimously voted Monday to dissolve parliament, officially ending the legislature's term two years ahead of schedule and kicking off the country's election campaign ahead of a March 17 nationwide vote.

THE ASSOCIATED PRESS

New Delhi bans Uber after driver accused of rape

Blow for ride-sharing service.

Based on hailing cars from a smartphone app

The Indian capital on Monday banned taxi-booking service Uber after a woman accused one of its drivers of raping her.

Transport official Satish Mathur made the announcement as the 32-year-old suspect appeared in a New Delhi court.

The court ordered Shiv Kumar Yadav held for three days for police questioning over allegations that he raped the finance company employee after being hired to ferry her home from a dinner engagement on Friday night.

The court also ordered Yadav's cellphone confiscated, according to Press Trust of India.

The case, almost two years after a young woman was fatally gang raped on a bus in the capital, has renewed national anger over sexual violence in India and demands for more effort to

ensure women's safety.

The government rushed through legislation last year to double prison terms for rape to 20 years and to criminalize voyeurism, stalking and the trafficking of women.

But activists say much more needs to be done, including better educating youths and adding basic infrastructure such as street lights and public bathrooms.

The CEO of San Francisco-based Uber, Travis Kalanick, said the company would do "everything to bring the perpetrator to justice and to support the victim and her family in her recovery."

He also sought to deflect some of the blame on to officials, saying the company would work with the government to establish clear background checks that are "currently absent in their commercial transportation licensing programs."

It was not immediately clear if Uber itself performed any background check, nor was it clear whether Yadav would even have been flagged. **THE ASSOCIATED PRESS**

NATO soldiers lower the flag on Afghanistan mission

NATO soldiers fold the flag of International Security Assistance Force Joint Command, the NATO entity in charge of combat operations in Afghanistan, during a flag-lowering ceremony in Kabul, Afghanistan, Monday. The U.S. and NATO ceremonially ended their combat mission in Afghanistan on Monday, 13 years after the Sept. 11 terror attacks sparked their invasion of the country to topple the Taliban-led government. **MASSOUD HOSSAINI/THE ASSOCIATED PRESS**

ISIL. Yemen's al-Qaida denounces beheadings

A senior military commander of al-Qaida in Yemen denounced on Monday beheadings carried out by the group's Islamic State of Iraq and the Levant (ISIL) rivals, calling the act and its filming for propaganda purposes barbarous and asserting that U.S. drone strikes are expanding al-Qaida's popularity in the country.

The comments, by Nasr bin Ali al-Ansi, came in a video

response to questions by reporters posted on one of the group's Twitter accounts.

It appeared to have been recorded before Saturday's killing of two hostages — an American and a South African — during an attempted U.S. rescue from al-Qaida militants. Both groups regularly execute prisoners, but beheadings and other brutal acts have become a trademark of ISIL. **THE ASSOCIATED PRESS**

Raid. Yemen knew of effort to release hostage: NGO

The government in Yemen, a U.S. ally, was kept informed about a South African aid group's efforts to negotiate the release of a South African hostage before he died in a U.S. raid on al-Qaida militants, the head of the aid group said Monday.

The comments by Imtiaz Sooliman, founder of Gift of the Givers, came amid questions about what of

ficials of various governments knew, if anything, about efforts to release South African Pierre Korkie, who was said to be close to being freed even as another hostage with him, American Luke Somers, appeared to face imminent execution.

The two men were killed Saturday during a U.S.-led rescue attempt.

THE ASSOCIATED PRESS

Private jet crashes into Maryland home, kills at least 3



Firefighters stand outside a house in Gaithersburg, Md., Monday, where a small plane crashed. **THE ASSOCIATED PRESS**

A small, private jet has crashed into a house in Maryland's Montgomery County on Monday, killing at least three people on board, authorities said.

Preliminary information indicates at least three people were on board and didn't survive the Monday crash into home in Gaithersburg, a Washington, D.C. suburb, said Pete Piringer, a Montgomery County Fire and Rescue spokesman.

He said a fourth person

may have been aboard.

Piringer said the jet crashed into one home around 11 a.m., setting it and two others on fire. Crews had the fire under control within an hour and were searching for anyone who may have been in the homes.

Television news footage of the scene showed one home nearly destroyed, with a car in the driveway. Witnesses told television news crews that they saw

the airplane appear to struggle to maintain altitude before going into a nosedive and crashing.

An FAA spokesman said preliminary information shows the Embraer EMB-500/Phenom 100 twin-engine jet was on approach at the nearby Montgomery County Airpark.

The National Transportation Safety Board is sending an investigator to the scene.

THE ASSOCIATED PRESS

Assignment at U of T pulled

University of Toronto. Graduate business school pulls class assignment over concerns of sexism

The Rotman School of Management has pulled a controversial class assignment from a first-year MBA course after concerns were raised about its portrayal of women.

The assignment, issued last week for a class on capital markets, features a fictional female business student who is offered a public relations job with her "favourite company of all time," jeweller Tiffany and Co. She is struggling to decide which compensation package she should accept.

Several students in the University of Toronto's graduate business school were openly dismayed by the assignment, saying there is "just so much wrong" with

its portrayal of "Elle Forest," a ditzy woman who requires the assistance of her Yale-educated boyfriend to figure out which compensation package she should accept.

Torstar News Service received a copy of the assignment from a student, who was unimpressed by its depiction of the hapless lead character.

Torstar took those complaints to the Rotman School of Management on Thursday. Students told the Star that Professor Kent Womack, who teaches the capital markets class, later apologized verbally for the assignment, which was he said written by a teacher's assistant. He then advised the class to think carefully before speaking to the media, according to students.

One student, who asked not to be identified over concerns of reprisal, said some classmates started to clap after the professor advised against commenting to the press. **TORSTAR NEWS SERVICE**



Video-game pioneer dies

German-American game developer Ralph Baer shows the prototype of the first games console, invented by him in this image from the Games Convention Online in Leipzig, Germany. The video-game pioneer, who created both the precursor to Pong and the electronic memory game Simon, has died. He was also the leader of the team that developed the Magnavox Odyssey, the first home video-game console. Baer, who was born in Germany and escaped the Holocaust with his family, was a longtime resident of Manchester, N.H. The Goodwin Funeral Home confirmed Monday that he died at his home Saturday. He was 92. **JENS WOLF/THE ASSOCIATED PRESS FILE**

Regulating e-cigarettes tough

Just a few years ago, early adopters of e-cigarettes got their fix by clumsily screwing together a small battery and a plastic cartridge containing cotton soaked with nicotine.

Now, the battery-powered contraptions have computer chips to regulate puffs and temperature, track usage, talk to other electronic devices and even blink when "vapers" are near each other.

U.S. officials say the technology race could make creating standards for the devices, which heat a liquid to create vapour rather than burning tobacco, more difficult in the future. Unlike traditional smokes that are simply chopped tobacco rolled in

A first

In April, the FDA for the first time proposed a set of regulations for e-cigarettes, including banning sales to minors and requiring health warning labels, as well as approving new products.

paper with a filter, e-cigarettes come in many shapes and sizes and the technological changes only make regulating them more of a headache.

At the same time, a rapidly growing market for e-cigarettes and the possibility that the devices could be safer than regular cigarettes have

some in the industry worried that regulation that's too heavy-handed would stifle the technological innovation — and their businesses.

"I think it's fair to say that there will always be some degree of a gap between (data) and the latest innovations," Mitch Zeller, director of the U.S. Food and Drug Administration's Center for Tobacco Products, said in a recent interview with The Associated Press.

"But that's the beauty of regulation because over time, regulation closes that gap.... We will get to a point where new products have to come through us first."

THE ASSOCIATED PRESS

You can buy books at author's Twitter

A leading book publisher is hoping that Twitter will not only help promote books, but sell them directly.

Hachette Book Group announced Monday that it has teamed with the e-commerce platform Gumroad in a deal that will allow Twitter users to purchase print editions of selected works by clicking on "buy" buttons from within authors' tweets.



Chris Hadfield
TORSTAR NEWS SERVICE FILE
You Are Here and The Onion Magazine: The Iconic

The books include Amanda Palmer's *The Art of Asking*, former astronaut Chris Hadfield's

Covers That Transformed an Undeserving World. The three Twitter feeds each have more than a million followers.

The promotion begins Thursday. The books will be available in limited quantities and will include added features, such as a photo signed by Hadfield or notes from Palmer's husband, Neil Gaiman.

THE ASSOCIATED PRESS

Angers activists

Facebook seems to be courting China

A Chinese government news portal released a photo Monday of Facebook founder Mark Zuckerberg with a copy of Chinese President Xi Jinping's book on governance at his desk while hosting the country's top Internet regulator. The gesture, interpreted as an effort by Zuckerberg to court the government, disappointed and angered activists. Facebook is blocked in China. **THE ASSOCIATED PRESS**

Market Minute

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VOICES

‘DEVASTATED’: EX-SEX WORKER

With Canada’s controversial new prostitution law now in effect, Metro’s Thandi Fletcher talks to advocates for their take on why Bill C-36 puts sex workers at risk



THANDI
FLETCHER
Metro in Vancouver

When Kerry Porth worked in the sex trade a decade ago, she says she never encountered a situation where she felt in danger.

Although she struggled with severe drug addiction, poverty and occasional homelessness at the time, Porth credits her ability to stay out of harm’s way with being able to work from home, where her partner was always nearby.

“I think that speaks to the value of being able to work indoors and have someone there to protect you,” she said.

Porth, now an advocate for sex workers’ rights and a board member for Vancouver’s Pivot Legal Aid Society, fears Bill C-36, Canada’s new prostitution law, will compromise the safety of those still working in the sex trade.

“I’m pretty devastated about it,” said Porth, who appeared before the House justice committee in July to speak out against the new legislation. “This bill is really going to place sex workers in further harm.”

Justice Minister Peter MacKay has said that once passed into law, the prostitution bill will mean safer conditions for sex workers. But for Porth, the claim is laughable.

In harm’s way

“While we continue on with this failed experiment, sex workers’ lives are going to be at stake.”

Kerry Porth, former sex worker

Over the past year, she and others have worked tirelessly to convince government of the link between criminalization of prostitution and violence against sex workers.

She said the new law will make prostitution more dangerous by driving sex work into the shadows, rushing communication with clients and preventing sex workers from properly screening clients.

For sex workers who operate indoors, she said, the new law makes it difficult for them to advertise their services, forcing them to place vague classifieds.

“They can’t be explicit about what acts they’re willing to perform,” she said, adding that this could drive some sex workers to the street in search of new clients.

The new law also heightens safety risks for street-level sex workers. Under the new law, she said sex workers wouldn’t be inclined to work in well-lit areas because clients will want to



Kerry Porth says Canada’s new prostitution law will put women in danger. THANDI FLETCHER/METRO IN VANCOUVER

avoid police detection.

Already, she said, her fears are being realized.

The day Bill C-36 received royal assent, Porth said a sex-worker friend told her three

clients had refused to provide their real names and phone numbers.

“Those are essential screening techniques that sex workers employ,” she

said. “Clients are going to be really leery about complying with screening techniques when they fear there’s a police officer on the other end of the phone.”

Old vs. new

Last December the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms.

- Under the old law, buying and selling sex was legal, but activities around it were illegal. The key difference under the new legislation is that selling sex remains legal but buying sex, and communications around buying sex, will be against the law.
- It is now legal to communicate with the intention of selling sex in some circumstances. This is a change from the previous laws, which made it illegal to negotiate the sale of sex in any public place.
- It is now illegal to sell sex in public view or next to a school ground, playground or daycare centre.
- It is now legal, technically, to advertise your own services, but illegal to advertise the sale of others’ sexual services.
- It is against the law to benefit materially from another person’s sex work, with some exceptions.

New prostitution law, same harm to workers: Lawyer

Metro talked to Katrina Pacey, a lawyer for Vancouver’s Pivot Legal Society, for her take on the controversial new law.

How is Bill C-36 different from previous laws on prostitution? It’s a different law, but the impact on sex workers’ health and safety will be the same. Bill C-36 targets communication for the purposes of prostitution, the purchase of sexual services, advertising, and sex workers’ ability to work with others

like security guards.

By targeting all of those various activities, it takes away sex workers’ ability to use those relationships and situations to enhance their safety.

Does Bill C-36 improve conditions for sex workers?

No. Bill C-36 doesn’t make anything better for sex workers. The government has tried to paint it that way. (Justice) Minister (Peter) MacKay has said that this is about rescuing

victims who are in prostitution and trying to eliminate prostitution through criminal law, but we know that neither of those objectives will be achieved.

By making it illegal to purchase sex and targeting clients, sex workers at the street level will continue to get driven into the most isolated and dark parts of the city because their clients are getting driven into those places to avoid police detection. Sex work will continue to happen, but

in an underground fashion. As a result, the whole industry gets made less safe.

How is Bill C-36 going to change things for sex workers?

It is going to continue to create a distrustful relationship between sex workers and police, who they would like to be able to count on for support.

What we don’t know at this point is what enforcement is going to look like. It’s up to the various police

departments and RCMP detachments to decide how vigorously they’re going to enforce (the law).

In Vancouver, the police have made some very promising and progressive statements that they’re not interested in arresting people who are engaged in adult sex work that is consensual.

While we wait for these laws to go through a court challenge, we hope that other police departments will follow suit.

What’s next? There’s a conversation happening around the country now among sex workers, organizations and lawyers about what a court challenge would look like, and when and how it will happen.

We’re a part of that dialogue and we’re very actively thinking about litigation.

I don’t have anything concrete at this moment to say about timing, but I can say for sure that a court challenge will happen. **THANDI FLETCHER/METRO IN VANCOUVER**

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



William and Kate GETTY IMAGES

Some Big Apple tourist traps we suggest Will and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. Although it's too late to warn them away from the Empire State Building — baby, it's cold up there — we would still like to save them some time and grief with advice on what other tourist traps they should avoid.

Cabaret on Broadway
Or whichever bar Shia LaBeouf was drinking at before going to see Cabaret. That does not end well.

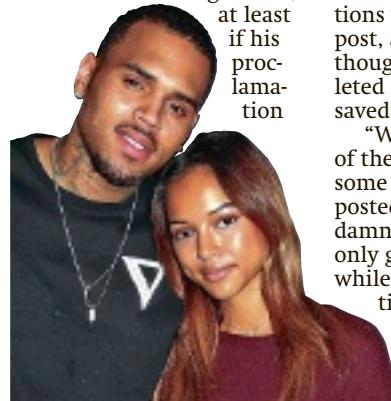
Guy Fieri's restaurant
Although the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we think the Royals would be doing themselves a favour by passing up a chance to sample the Guy-talian Nachos or the Awesome Pretzel Chicken Tenders.

Those damn Cronuts
Speaking of food: the signature pastries at Dominique Ansel's bakery? Not worth the wait. Plus, they're pretty French, so the Brits probably want to avoid them anyway.

The Hot Bird
Or any other Brooklyn bar currently enforcing a ban on babies. Although Prince George is sitting this trip out, it would look like a betrayal to fellow parents everywhere if Kate were to cross the stroller-choked picket line.

Drake dates and 'scars' led to Brown breakup

Chris Brown and on-again, off-again girlfriend Karrueche Tran are very, very off right now, at least if his proclamation



of, "F-- that bitch!" during a recent concert appearance is any indication. He also decided to vent his frustrations with an Instagram post, although he quickly thought better of it and deleted it. Luckily MTV News saved it.

"We've got scars, some of them (you) gave me, some them I've caused," he posted. "I was locked up for damn near four months and only got one visit from you while (you) was hosting parties and taking secret trips to Toronto, going

Chris Brown and Karrueche Tran GETTY IMAGES

on dates with Drake."

Oh, Chris. You know it's not a good idea to talk about giving your girlfriend scars when you're still on probation for assaulting a previous girlfriend, right? Well, maybe you don't.

Tran, for her part, is being quite open about the breakup, stating in an Instagram post of her own, "I refuse to be repeatedly mistreated, especially by someone who claims to love me. That's not love. And if that's what you define as love then I don't want it."

Should we be worried about that "repeatedly mistreated" part?

Swift and Kloss make out (or just discuss the music)

Congratulations, Taylor! You've officially reached the fevered lesbian rumour stage of your career. Sources are breathlessly proclaiming that Swift and model Karlie Kloss are more than just friends, going so far as to suggest photos show the pair totally making out in the balcony at a concert by The 1975 last week. Or, you know, they could've just been trying to talk to each other during a loud rock concert.



Taylor Swift GETTY IMAGES

Lautner a bit too popular at two Hollywood gay bars

Hey, remember Taylor Lautner? He of the Twilight franchise, who briefly "dated" best friend Taylor Swift? Maybe he thought you'd forgotten him enough that he could just relax and enjoy himself.

Well, not so much. Lautner hit up a couple of gay bars in West Hollywood recently with friends but ended up drawing a fair amount of attention.

First, model Murray Swanby got himself a selfie with Lautner at famed gay bar The Abbey. Then Lautner and pals scooted next door

to another bar, Mother Lode, but the attention got to be too much.

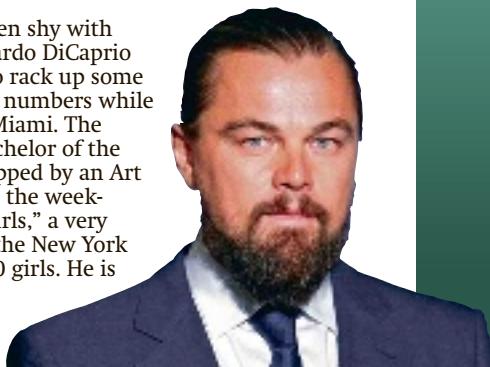
"Taylor only stayed at Mother Lode for a half-hour, but seemed to be having a blast. It is a fun gay bar with super-strong drinks, and he was in the back with two friends, who looked to be very close by their interactions," a source tells Radar Online. "Taylor was definitely trying to be incognito, it looked like, but everyone there was staring at him. I think he left because people kept asking him for photos with him and he declined."



Taylor Lautner, right, and model Murray Swanby. INSTAGRAM

Leo picks up the bachelor slack in post-Clooney era

Although he's never been shy with the ladies before, Leonardo DiCaprio is apparently looking to rack up some Wilt Chamberlain-style numbers while attending Art Basel in Miami. The reigning Hollywood bachelor of the post-Clooney world stopped by an Art Basel-related party over the weekend and "left with 20 girls," a very impressed source tells the New York Daily News. "Leo and 20 girls. He is my hero."



Leonardo DiCaprio
GETTY IMAGES

2
SCENE

K. Michelle pours her hip-hop heart out

Music. Rebellious songstress reveals her wounded self on new album *Anybody Wanna Buy A Heart?*

EMILY LAURENCE
Metro in New York City

Those familiar with K. Michelle — whether it's by watching VH1's *Love & Hip Hop* or listening to her debut album *Rebellious Soul* — know she doesn't hold back. If you make her angry, everyone will find out. But the R&B songstress is showing a softer side with her sophomore LP, *Anybody Wanna Buy A Heart?* (out Dec. 9) and her current VH1 reality show, *K. Michelle: My Life*.

Metro talked to her about exposing her pain and letting people see the real K. Michelle.

Heartbreak and healing

"When I was recording the album, I was really trying to come to grips with something and either get over it or decide

whether I wanted to stay in it. So it was a good time to record an album," Michelle says of the new album, which she recorded just three months ago. She tells us almost all the songs are about the same person, which Internet rumours suggest is actor Idris Elba.

Maybe I Should Call is especially raw, a song about being in love with a man who is having a baby with another woman. "I sent him a couple songs off the record and he said it was sad that we're in this position, but this is art. And he said it was a great vocal performance," Michelle tells us about her muse. But when asked if she saw the album as a way to have the last word, she said no, "I see it as a way to heal."

On that Drake song

Not all the songs are intensely emotion-filled. *Drake Would Love Me* is basically a fan's love song to Drake. "Girls look at Drake and think, 'Oh my God, he's so sweet.' He's the only one singing real love songs to girls. Other guys are offensive to women," Michelle says.

Quoted

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'

K. Michelle



K. Michelle GETTY IMAGES

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TV. Russell Crowe takes a Gander but no sign of Republic of Doyle pals

Oscar-winning actor Russell Crowe was briefly in Newfoundland on Sunday and pined for absent friends through Twitter.

Crowe tweeted out to his friends Alan Doyle of the band Great Big Sea and actor Allan Hawco that he was disappointed to land in Gander and that the pair didn't drive to meet him, adding: "Guess I'm partying alone."

The three appeared together in the television show *The Republic of Doyle* in 2012

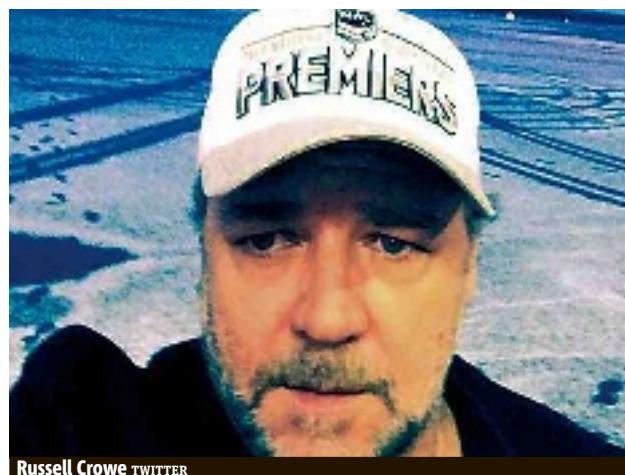
after Doyle and Crowe became friends.

Crowe also tweeted out selfies with no one in the background, joking that he was "Battling through the crowds for my public appearance in Gander, Newfoundland."

The actor has more than 1.6 million followers on Twitter.

"I love Newfoundland ... just sayin'. Wish I could be here longer," he tweeted before leaving.

THE CANADIAN PRESS



Russell Crowe TWITTER

Music anniversary

Roxette takes '80s hits on tour

The Swedish duo behind the single *It Must Have Been Love*, heard on the soundtrack of Garry Marshall's *Pretty Woman*, this week announced an international tour coinciding with their 30th anniversary.

Roxette will kick off the series with a show in Auckland, New Zealand, on Feb. 7 and the tour will conclude in Roxette's native Sweden.

AFP

Digital music

Happy, Frozen are iTunes' top sellers

The soundtrack for *Frozen* and Pharrell's viral *Happy* are the year's top-selling album and song on iTunes.

Apple announced Monday that Taylor Swift's 1989, just released in October, is behind *Frozen*. Coldplay's *Ghost Stories*, Sam Smith's *In the Lonely Hour* and the *Guardians of the Galaxy* soundtrack round out the Top 5 albums.

THE ASSOCIATED PRESS

Heal the mental injury, too

Pain. Hurting yourself during a workout has an effect on the mind

SEPTEMBRE
ANDERSON
life@metronews.ca

There's nothing like an injury to bring you from the top of your game to champion couch surfer. While injuries are an inconvenient part of an active lifestyle, being sidelined by one can shake even the toughest competitor.

"I can tell you from personal experience that suffering an injury is one of the most frustrating things to ever happen because you don't feel that you're ever vulnerable," said Dr. Howard A. Winston, family and sports medicine physician at the Centre for Health and Sports Medicine in Toronto.

Prevent the hurt

Heather Gardner of Tribe Fitness in Toronto shares her tips on avoiding injuries.

- **Warm up.** Start with easy cardio lasting 15 minutes to raise your body temperature, get your heart rate up and muscles moving.
- **Build.** Slowly increase your gym time and intensity by about 10 per cent a week.
- **Don't overdo it.** "Make sure that whatever you're doing, you're listening to your body."
- **See a professional.** Consider help from a personal trainer to learn proper form.



An injury can have a lasting mental effect even after it has healed. iSTOCK

Winston played tennis at the provincial level and had to fault the finals due to personal injuries.

While many focus on the physical toll of injuries, the mental effects can't be ignored. Many athletes, recreational or professional, have found that the fear of reinjury, not the injury itself, is what holds them back.

Ryan Grant knows what it's like to be sidelined by injuries. The co-owner of HeadRush Training Center, a mixed martial arts gym in Toronto, saw his Olympic dreams shattered, literally, when he broke his hand during a boxing match.

"I went to nationals to see if I could qualify and that last year, for qualifications for nationals, I shattered my hand."

Grant spent six months in a cast and another six months in physiotherapy all while watching his competitor, the one he broke his hand on, go on to become world champion.

"Growing up, my brother went to the Olympics, my other brother was a world champion. I was supposed to be that guy," said Grant.

Grant, however, did not let his post-injury reluctance keep him from returning to the gym.

"You can't go in anything — work, school, relationships — harbouring something over the top of your head."

He built up his confidence by starting with exercises that he knew he could do and then increasing the challenge level, or what Grant calls "making sure the water's warm before getting back in there."

He also found wearing a brace — "mental reassurance," he says — helpful to regaining his mental toughness.

Grant agrees that it's the mental hurdle that's harder to get over than the physical hump. "I see it in athletes now. You'll see internal ailments

that you can't control and it'll shatter your whole hope."

"An injury is so demoralizing," Winston says. "At the same time, it happens and you know you can recover from it if it's not serious and you can get back to competing again."

Winston recommends a holistic approach to recovering from an injury that includes physical and mental care.

"Anybody who suffers an injury is best served by a multidisciplinary facility ... because all aspects of care can be covered through one roof," he said. "You're seeing people who understand your interests and concerns."

3
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Classic deli sandwich loses traditional base

Reuben Strata. This meal offers you the option of bread on the side but gives sauerkraut the spotlight



NUTRI-BITES
Theresa Albert
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myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

It's not about the base (yes, I know the song is actually all about the "bass," but this was funnier, no?).

It's about the ratio.

Sandwich bases (bread) add calories, carbs, salt and often sugar to your meal. When you switcheroo the nourishing fillings and dial back the cheesy, fatty bits of a classic, you suddenly have a healthier meal that is just as quick.

Here are ways to bump up the best so you can have your hoagie and eat it, too.

Tuna Salad

Forge the bread and serve in Boston or Bibb lettuce. Use low fat mayo mixed with grainy (zero calorie!) mustard and grate celery into the mix.

Ingredients

- 2 cups sauerkraut
- 1/4 cup chopped dill
- 4 tbsp mustard
- 1/2 pound pastrami
- 1 sliced tomato
- 1/4 cup grated Swiss cheese



TOTAL TIME
15 MINUTES

This recipe serves four. THERESA ALBERT

Egg Salad

Omit mayo, use only Greek yogurt, stir in curry powder and spread into celery sticks.

BLT

Serve open-faced with one slice of crumbled bacon, add a few pieces of lettuce, double up on the tomato and mix low-fat mayo with plain Greek yogurt.

Grilled Cheese

Choose thin, whole grain rye bread and don't butter it on the outsides. Instead, measure a teaspoon of butter into the hot pan as though you are frying. Grate aged cheddar and add slivers of apple or pear.

Wraps

Even whole grain wheat wraps are between 150 and 300 calories and are really just a delivery system for the filling.

Switch to rice paper wraps, which only need a dip in warm water, and then they can hold just about any filling from day-old salad to leftover chicken.

Reuben Strata

Sauerkraut is a very nutritious, high-fibre, prebiotic food that needs to take on a more starring role.

This layered casserole feels more like a meal than a sandwich, but it couldn't be easier.

4. Top with tomato and Swiss cheese. Bake in oven until warmed through and cheese melts, about 10-15 minutes.

5. Serve with whole grain bread and salad.

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Two-game suspension

Kane punished for hit from behind

The NHL has given Winnipeg Jets forward Evander Kane a two-game suspension for boarding.

Kane hit Anaheim Ducks defenceman Clayton Stoner into the boards from behind at 19:49 of the second period of Sunday's game in Winnipeg.

Evander Kane
GETTY IMAGES

Kane was assessed a major penalty for checking from behind and a game misconduct.

He will forfeit \$56,451.62 US in salary.

The NHL's department of player safety was disappointed that Kane lined up Stoner from across the ice.

"The onus is entirely upon Kane to avoid this check completely or, at the very least, minimize contact," Patrick Burke said on the video announcing the suspension. "Kane does neither."

Kane has not been fined or suspended during his six-year NHL career.

He is eligible to return for another home date with the Ducks on Saturday.

THE CANADIAN PRESS

Projected NHL salary cap

\$73M

The NHL's board of governors on Monday was given a preliminary estimate that the 2015-16 salary cap will be roughly \$73 million US. That's depending on the status of the Canadian dollar, which currently is worth 88 cents US.



Japan's Saori Ariyoshi, left, and Azusa Iwashimizu challenge Canada's Jessie Fleming during a friendly soccer match on Oct. 28 in Vancouver. RICH LAM/GETTY IMAGES

Tribunal allows turf challenge to continue

Women's World Cup

FIFA, group of rebel players still at odds following human rights panel's decision

down — be reconsidered.

But vice-chair Jo-Anne Pickel also rejected FIFA's argument that, under international law, it had not received "effective legal notice" of the proceedings. In so doing, the tribunal ruled that the legal challenge can proceed.

The players allege that having the women play on artificial turf is discriminatory because the men play their showcase tournament on natural grass.

FIFA argues that the laws of the game permit use of artificial turf as long as it meets standards and that the surface makes sense for the Canadian

Call for talks

Also on Monday, the players offered to meet FIFA secretary-general Jerome Valcke in Brazil to discuss their differences.

- Lawyers for the players made the offer after Valcke said Friday he would only talk with the players in person. He had earlier rejected the offer of a conference call.

climate. And rather than discriminate against women, the world governing body of soc-

cer has spent years working to grow the women's side of the game.

After receiving the original case material and notice from the Ontario tribunal, FIFA argued that the procedure for delivery had not met relevant international treaties.

Pickel disagreed.

"In the circumstances of this case, I find that FIFA has received effective legal notice of this proceeding," she wrote in Monday's 14-page decision. "I also find that all documents so far delivered in this case have been properly delivered in accordance with the Tribunal's rules and all applicable law." THE CANADIAN PRESS

Habs, Canucks pay tribute to Bélieau ahead of game

Both the Montreal Canadiens and Vancouver Canucks put their losing streaks aside on Monday to pay tribute to hockey great Jean Bélieau.

Like thousands of Montreal fans who streamed into the Bell Centre for public visitation on Sunday and Monday, players and coaches from both clubs stopped in to pause by the casket on display at centre ice and give condolences to Bélieau's family, led by

his tireless widow Elise, who greeted every visitor.

The legendary Canadiens captain died last week at 83, while the team was away on a road trip. The club held off remembrance ceremonies, including the funeral at Mary Queen of the World cathedral on Wednesday, until they got back.

"The message from me and my teammates was that it was such an honour to be

in the same room as them," said Canadiens alternate captain Max Pacioretty. "I told her how much respect me and my teammates have for her and her husband.

"And going forward, we have to play in honour of him, and he's looking after us."

The Canucks, who will wind up a seven-game road trip, cancelled their practice and visited the Bell Centre.

THE CANADIAN PRESS



Elise Bélieau, left, widow of Canadiens legend Jean Bélieau, receives condolences from players Max Pacioretty, David Desharnais and P.A. Parenteau during a visitation on Monday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

4
SPORTS

United stumbling up ladder

Third place. In spite of Southampton's much stronger game, Van Persie saves the day for Manchester away

Two clinical finishes from Robin van Persie gave Manchester United a 2-1 victory against Southampton in the Premier League on Monday, despite the visitors being pegged back for much of the game at St. Mary's.

Van Persie scored with United's only two efforts on target to give Louis van Gaal's side its fifth win in a row and overtake Southampton in third place. Southampton dropped to fifth behind West

Frankly

"I don't think we played our best football today.... It's a fifth straight victory. We're on the way up." Robin Van Persie

Ham after its third straight loss against the teams it hopes to challenge for a top-four spot: Manchester City, Arsenal and United.

Van Persie punished a wasteful performance from the home side, which created enough chances to win the game comfortably.

He took advantage of a defensive blunder to put United ahead after 12 minutes, and went unmarked to meet Wayne Rooney's free kick at the far post to poke in the winner after Graziano Pelle had levelled for Southampton in the 31st.

"I don't think we played our best football today," Van Persie said. "In the end, it's a fifth straight victory. We're on the way up."

United's opener came when Southampton captain Jose Fonte hit a poor backpass to goalkeeper Fraser Forster and Van Persie ran through, waited for Forster to dive and stroked the ball through his legs and into the far corner.

But United was unable to build any momentum from its goal, as Southampton relent-

lessly attacked in search of an equalizer.

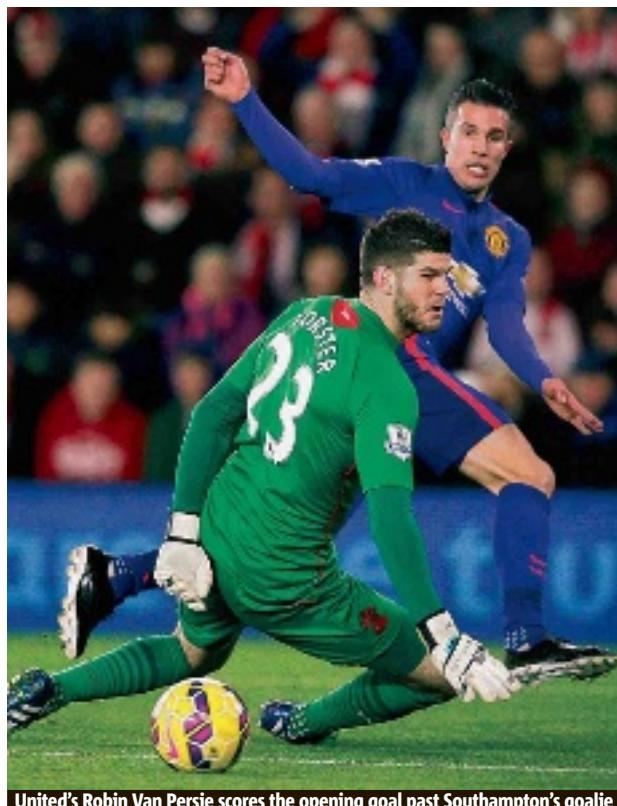
It finally came after Marouane Fellaini gave the ball away in midfield, and Dusan Tadic initiated a quick attack. He played the ball out to Shane Long on the edge of the area, who returned it with a high cross. Tadic's effort was blocked by Paddy McNair, but the ball fell to Pelle, who converted from close range.

Long could have put Ronald Koeman's side ahead in the 34th but blasted high and wide from close range after McNair failed to clear a touch from Sadio Mane.

Southampton's dominance was so strong that Van Gaal felt compelled to take off the struggling McNair in the 39th and replace him with Ander Herrera.

"We lost not to Manchester United tonight, we lost to ourselves," Koeman said. "We did everything. We created chances. We did mistakes, maybe they did more mistakes but they had players who handle that type of mistake and that was the difference."

THE ASSOCIATED PRESS



United's Robin Van Persie scores the opening goal past Southampton's goalie Fraser Forster in Southampton, England. ALASTAIR GRANT/THE ASSOCIATED PRESS

Plenty left groping for Group of 16

Five-time winner Liverpool and the champions of England and Italy are among the 11 teams competing for five remaining spots in the knockout stage of the Champions League going into the final round of group games this week. THE ASSOCIATED PRESS Photos by Getty Images



Reeling Reds

Liverpool has been a letdown on its return to Europe's top competition after a five-year absence, but can qualify for the next round by beating FC Basel at Anfield on Tuesday.

It won't be easy. Basel has won its last four games versus Premier League teams in Champions League — against Liverpool in October, home and away against Chelsea last season and at home to Man United in 2011 to knock out the then-English champion.

Basel has lost just once in nine games against English teams.



Ghost City in Rome

Arguably, Manchester City could be without its best four players as it searches for a win to qualify.

Star midfielder Yaya Toure is suspended, top scorer Sergio Aguero is out with a serious-looking knee injury, while playmaker David Silva and captain Vincent Kompany are major injury doubts.

City has won its last five matches, but has never won in Italy.

Roma is level on points with City and CSKA Moscow, which plays first-place Bayern Munich away. Roma qualifies with a win.



Juve need a draw

Italian champion Juventus needs a point against already-qualified Atletico Madrid to advance.

Just like last season, Juventus finds itself needing a point in its final group game. It will be hoping to succeed this time.

A goal by Wesley Sneijder for Galatasaray eliminated Juventus last year but, 12 months on, Massimiliano Allegri's team is at home, where it is unbeaten in nine matches in European competition.

Juve could snatch first place by winning by two goals or more. Lose, and Olympiakos finishes second with a win at Malmo.

Roberto on a roll

Schalke coach Roberto Di Matteo needs a win and a favour from former club Chelsea if Germany is to have four representatives in the last 16.

Schalke heads to eliminated Maribor lying two points behind Sporting Lisbon, which travels to already-qualified Chelsea.

Di Matteo, who guided Chelsea to a Champions League title in 2012, has Schalke playing an effective 3-5-2 formation. The team has won its last three — 3-2 (Wolfsburg), 4-1 (Mainz), 4-0 (Stuttgart).



Zenit, Monaco to settle Group C

It is winner takes all when Monaco hosts Zenit — with first place in Group C on offer for either club if Bayer Leverkusen loses at Benfica. Monaco also qualifies with a draw.

Real Madrid is the only team with five wins from five games ahead of its home match against Ludogorets in Group B while Barcelona needs to beat Paris Saint-Germain to overhaul the French champions at the top of Group F.

NBA

Raps' Lowry wins 3rd player of week

Toronto Raptors point guard Kyle Lowry was named the NBA's Eastern Conference player of the week on Monday.

Lowry led the league in scoring last week with an average of 29.3 points as the Raptors posted a 2-1 record. He was fifth among Eastern Conference players with an average of 8.7 assists.

He also shot .492 (30-for-61) from the field and .913 (21-for-23) from the free-throw line.

THE CANADIAN PRESS

Rule changes

IOC moves quickly in big overhaul

The IOC approved a wide-ranging reform package Monday, including a more affordable bidding process, creation of an Olympic television channel and a more flexible sports program that could bring baseball and softball into the 2020 Tokyo Games.

The IOC also approved the rewording of non-discrimination policy to include sexual orientation — a move that followed the controversy over Russia's law against gay "propaganda" ahead of the 2014 Winter Olympics in Sochi.

The International Olympic Committee voted in favour of the new rules on the opening day of a special session to adopt President Thomas Bach's 40-point "Olympic Agenda 2020" program, the biggest changes in the IOC in decades.

THE ASSOCIATED PRESS

Vanier Cup 2015

Big game returns to Laval University

Laval University in Quebec City will play host to the 2015 Vanier Cup game.

Laval's Telus Stadium will be the venue for the Canadian university football national final for the fourth time in seven years.

Each time, Laval has drawn crowds larger than the stadium's seating capacity of 12,750, including 18,543 in 2013.

There were 22,649 at Percival Molson Stadium for the Vanier Cup on Nov. 29 when the University of Montreal won its first national title with a 20-19 win over McMaster.

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Horoscopes by Sally Brompton

Aries

March 21 - April 20

What occurs today will cause you to question some of your most deeply-held beliefs. Could it be the world is not designed the way they told you it was?

Taurus

April 21 - May 21

Refuse to settle for second best in anything you do. The standards you set now are the standards you will have to live by for the next few months, so aim high.

Gemini

May 22 - June 21

It may look as if you are the only one who knows what's going on at the moment but the planets warn you could be kidding yourself.

Cancer

June 22 - July 23

Don't scatter your energy in too many directions today or you may fail to reach your number one goal. That would be a shame because there is much you can accomplish.

Leo

July 24 - Aug. 23

Be enthusiastic about what you have to do today. Even if it is the last thing you want to be doing you have no choice but to see it through to the end.

Virgo

Aug. 24 - Sept. 23

You will need a great deal of patience over the next 24 hours, especially when dealing with authority figures.

Libra

Sept. 24 - Oct. 23

You will hear something today that sounds too good to be true and you are right to be suspicious because what you are being told is only half the story.

Scorpio

Oct. 24 - Nov. 22

You need to let go of things you no longer need, especially things that have become a drain on your time and energy.

Sagittarius

Nov. 23 - Dec. 21

Sometimes you are suspicious for no good reason but today you are right to be skeptical of what you see and hear. You need to question what work colleagues are telling you.

Capricorn

Dec. 22 - Jan. 20

You need to put your financial house in order. Yes, you will have to make cutbacks, but in the long-term it will be worth it. Less means more.

Aquarius

Jan. 21 - Feb. 19

Today may not be the most exciting day, but it will be important, not least because the motives of someone you have important dealings with will at last be clear to see.

Pisces

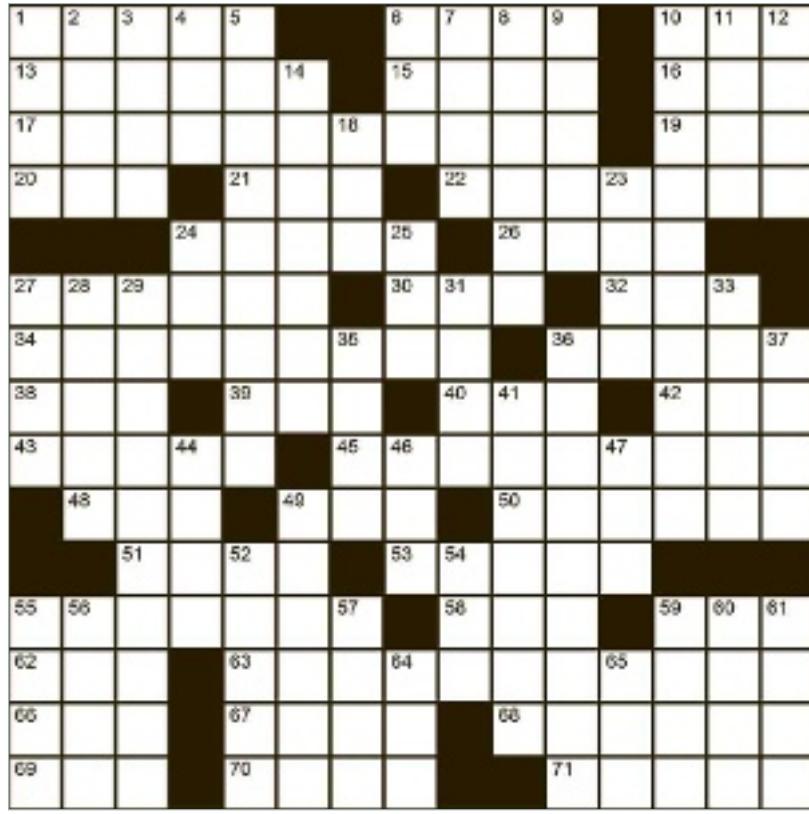
Feb. 20 - March 20

You need to deal with a situation that has been bothering you for several weeks. It may require you to make a decision that is in some way final.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Rocker Mr. Lewis'
6. Li'l quantities
10. Haul
13. Talent show
Cat Deeley hosts
[acronym]
15. Villain's chuckle
16. Identity part
17. Gwich'in activist
(b.1934 - d.2010) who
advocated for rights
of Aboriginal and
northern women.
- She is also a Member
of the Order of Can-
ada.: 2 wds.
19. ___ mode: 2 wds.
20. Flight simulators
co.
21. Sarcastic
22. Tweezers/stencils
purchase: 2 wds.
24. President's
Choice's Mr. Weston
26. "What's Hecuba
to him ___ to Hec-
uba..." - Hamlet
27. Ablaze: 2 wds.
30. Long time
32. Richard Wagner
aria: "___, Mein
Holder Abendstern"
34. Christmas-y village
in Quebec, ___
36. Beyoncé's 'I Am...
_ Fierce'
38. Li'l roads
39. Enlightenment in
Buddhism
40. ___ eyed
42. Canadian actress
Sandra's
43. Eights: Spanish
45. Vancouver Island
community known
for its murals
48. Cleave
49. Modern
50. Potential response
to "Will you ever?":
2 wds.
51. Network of nerves
53. Some fishies

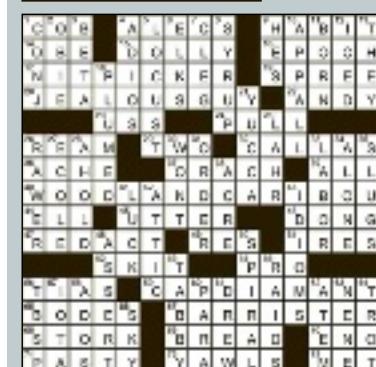


55. Commonplace
58. Name: French
59. Geog. coordinate
62. Pitcher's stat.
63. This northern
Saskatchewan settle-
ment's name reflects
its mining heritage:
2 wds.
65. ___
67. Taboo
68. Salmon: French
69. Not: French
70. Understood
71. Free: French

Down

1. ___ Bank
Canada
2. Scottish island
3. Raison d'___
4. St. John's Interna-
tional Airport code
5. Montreal Hebrew
Delicatessen, since
1928
6. Hamilton Bulldogs
org.
7. Geri H. bandmate
8. Actress Charlize

Yesterday's Crossword



Online

See today's answers at
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Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every
row, every column and
every 3x3 box contains the
digits 1-9. There is no math
involved.

Yesterday's Sudoku



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2014 Forte LX STK: 36054
1.8L 4 Cycl. Engine, Auto, 33,091 km



\$131^{***}
bi-weekly
\$15,650
2013 Jetta 2.0L STK: 35507
2.0L 4 Cycl. Engine, Auto, 50,480 km



\$251^{***}
bi-weekly
\$29,900
2013 Tundra 4WD STK: 35312
4WD, 4.6L V8, Auto, 26,202 km



\$182^{***}
bi-weekly
\$21,890
2012 Quest S STK: 36000
4WD, 3.5L V6, Auto, 67,005 km



\$154^{***}
bi-weekly
\$18,760
2012 Sorrento 4WD STK: 35914
4WD, 3.5L V6, Auto, 70,008 km



\$216^{***}
bi-weekly
\$25,700
2012 Terrain SLT STK: 34991
4WD, 3.0L V6, Auto, 51,375 km



\$107^{***}
bi-weekly
\$12,630
2012 500 Lounge STK: 36201
Manual Trans, 60,537 km



\$126^{***}
bi-weekly
\$14,960
2011 Altima SL CVT STK: 35926
Auto, 2.5L 4 Cycl. Engine, Xtronic Trans, 72,272 km



\$90^{***}
bi-weekly
\$10,750
2011 Lancer ES STK: 36520
Manual Trans, 4 Cycl. engine, 96,585 km



\$142^{***}
bi-weekly
\$16,860
2011 CX-7 Sport STK: 35503
Auto, A/C, 54,536 km



\$134^{***}
bi-weekly
\$15,980
2011 Ram 1500 SLT STK: 36361
Auto, 5.7L V8 Hemi 4WD, 162,286 km



\$148^{***}
bi-weekly
\$17,650
2011 323i M6 STK: 36177
Auto, 2.5L Straight 6, 75,699 km



\$109^{***}
bi-weekly
\$12,960
2010 Patriot Sport STK: 36470
Auto, 2.4L 4 Cycl. engine, 41,784 km



\$66^{***}
bi-weekly
\$7,900
2010 Accent GLS STK: 35305
4 Cycl. Engine, Auto, 80,924 km



\$129^{***}
bi-weekly
\$15,350
2010 CR-V LX DVD STK: 36417
Auto, DVD, 2.4L, 4 Cycl. Engine, 83,776 km



\$100^{***}
bi-weekly
\$11,870
2010 Fusion SEL STK: 36406
Auto, 2.5L, 4 Cycl. engine, 73,024 km



\$99^{***}
bi-weekly
\$11,840
2010 Caravan SE STK: 36328
Auto, 2.5L V6, 170,024 km



\$58^{***}
bi-weekly
\$6,940
2010 Chev Cobalt STK: 36084
Silver, Manual Trans, 2.2L, 85,284 km

All prices include taxes. All payments calculated based on a 4.99% O.A.C. ***See dealer for details. **24 mos, 144 mos, 144 mos bi-weekly payments. Images may not be actual vehicle. Due to unforeseen circumstances stock or enhanced photos may be used. Please see dealer for actual vehicle.

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